



# AUGUSTANA CROSS COUNTRY RUNNING Fall, 2020

*2020 Running Pandemic*



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**Website:** <http://augustanarunning.ca>

**Practice:**

- 3 week term  
Monday & Wednesday – team training 12:15 -1:30  
Other days – individual training following program
- 11 week term  
Monday 5:30 - 6:30 Wednesday 5:45 - 7:15  
Other days – individual training following program
- meet outdoors at Camrose Composite High School track (Monday) or xc stadium (Wednesday) at the indicated times (warmup run to where we start)
- if you can't make the scheduled time, you are expected to run at some other time in the day

**Training:**

- following season program on the xc website

**Important**

**Events:**

- **Team meeting: Monday, August 31, 5:00-5:45 pm, Zoom**
- **First practice:** to be determined; Athletics and University needs to approve plan to begin training; only runners who have completed required forms and education can attend team practices
- **Student-athlete orientation:** to be determined; delivered by coaches via Zoom

**Races:**

The 2020 ACAC fall xc running season has been cancelled. We will run COVID-safe team races and time trials. The highlight and focus will be to run the ACAC race distances on our race course on Saturday, October 31 (Halloween!), which would have been the ACAC championships date. There may be a spring ACAC xc running season / championship if the COVID situation improves enough.

- Expectations:**
- run according to season training schedule
  - regularly peruse xc website to get information and resources
  - check Augustana email for xc messages every day you are not at workout
  - be available to help with various tasks as they arise
  - \*\*fill out all forms and complete all education (see form checklist on xc website)\*\*

- Jimmy Condon Scholarships:**
- no information on whether these will be available; best to assume that they will not
  - value \$900
  - full course load (3 x 3 credit courses)
  - in good academic standing (previous term)
  - Alberta resident or attended Alberta school in previous term
  - nomination by coaches
  - fall term considerations
    - recruitment
    - regular practice participation
      - > 2 weekly practices
      - > 3 additional individual training days following program
    - race / time trial participation
    - general commitment to team
    - performance
  - winter term considerations
    - specific running training
    - 2 ACAC indoor track meets + ACAC indoor track championships (if there is ACAC indoor track)
    - spring race

- Remarks:**
- run for enjoyment and personal improvement
  - warmup (jog, active/static stretching) *before and after* a run is recommended
  - alternate lower intensity workouts and higher intensity workouts
  - "cross-training" can be beneficial but it does not replace running
  - a little "core" work (*eg.* situps) can help your running
  - a watch with a chronograph/stopwatch feature is almost indispensable
    - lap and split features are really useful
    - *eg.* Casio F91W-1 or LA20WH-1C (\$20), Timex Sleek 50 (\$40 - \$60)
  - running with a heart rate monitor on occasion is useful - we have a number available to use (sign out from Gerhard)
  - team spirit (support, encouragement, advice, *etc.*) will make for a more enjoyable and successful experience - how will we cultivate this?